



# Lakeland Senior Center Calendar of Events – September 2015

Activity days and times are subject to change. Calendar updates will be posted on the Just for Seniors webpage.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>The Lakeland Senior Center is located at</b> 4527 Canada Rd, next door to IH Clubhouse. 746- 8195. Open Mon-Fri from 10 am – 2 pm and other times.</p>	<p><b>September is National Senior Center month !!!</b></p>	<p><b>1</b> <b>Silver Sneakers*</b> (IH Club) 10-11 am  <b>BUNCO Night</b> 6:30 - 8:30 pm</p>	<p><b>2</b> <b>Gentlemen's Pinochle</b> 10am  <b>Book Club</b> 1:30-3 pm (1<sup>st</sup> Wed.), Upstairs at the White House: My Life With the First Ladies by JB West</p>	<p><b>3</b> <b>Silver Sneakers*</b> (IH Club) 10-11 am  <b>Mah-Jong</b> 12:30 pm</p>	<p><b>4</b> <b>Coffee &amp; Chat</b> ...and games if you want! 10 – 11 am Please join us!</p>	<p><b>5</b> <b>Saturday Morning Bridge</b> 10 am - 1 pm <b>Cost is \$5.</b> Coffee &amp; snacks. Need partner/ have ?'s: contact ACBL Instructor Judy Knox at 901-737-8087, <a href="mailto:jknex7@bellsouth.net">jknex7@bellsouth.net</a>.</p>
<p><b>6</b>  Go to <a href="http://www.LakelandTN.gov">www.LakelandTN.gov</a> (Seniors page) for activity descriptions and more!</p>	<p><b>7</b> <b>Ladies BUNCO</b> 11 am - 1 pm  <b>Jamming at the Senior Center</b> 2-4 pm Acoustic music: bring your instrument, voice, or come enjoy the entertainment!</p>	<p><b>8</b> <b>Silver Sneakers*</b> (IH Club) 10-11 am   <b>Mexican Train Dominos</b> 12:30-4:30 pm</p>	<p><b>9</b> <b>Gentlemen's Pinochle</b> 10am  Have you heard about the fun computer class tomorrow?</p>	<p><b>10</b> <b>Silver Sneakers*</b> (IH Club) 10-11 am <b>GTO (Get Turned On) Computer Fun!</b> 11 am – 12n ...including Pinterest, scrapbooking <b>Mah-Jong</b> 12:30 pm</p>	<p><b>11</b> <b>Seniors 55+ Dinner (Sock Hop!).</b> 6pm, IH Club (\$10 at door)... celebrating Nat'l Senior Center Month! Dressing up is optional! <b>RSVP to Marilyn 746-8195, mparker@lakelandtn.org</b></p>	<p><b>12</b> <b>Saturday Morning Bridge</b> 10 am - 1 pm <b>Cost is \$5.</b>  <b>Lakeland Dance</b> 7 -10:30 pm (IH Club), \$4 residents. <b>Food theme: Hot dogs &amp; any side dish</b></p>
<p><b>13</b>  <b>Want more info?</b> Do you and/or a friend want to be added to the email &amp; mailing lists? Call Marilyn Parker, Senior Center Manager, at 746-8195 or email <a href="mailto:mparker@lakelandtn.org">mparker@lakelandtn.org</a>.</p>	<p><b>14</b> <b>Bible Study</b> <b>10 am - 12n ...w/ Trudy Scholten (Gideon: Your Weakness, God's Strength ...to left of front desk</b>  <b>Creative Crafting</b> <b>11 am – 12 pm</b> ...Fall Crafts!  <b>Jamming at the Senior Center</b> 2-4 pm</p>	<p><b>15</b> <b>Silver Sneakers*</b> (IH Club) 10-11 am  <i>No scheduled activities but Senior Center OPEN from 10 am - 2 pm</i>  <b>Lakeland Election Day is Thursday...</b></p>	<p><b>16</b> <b>Gentlemen's Pinochle</b> 10am  <b>11:30 am City Staff Meeting:</b> Call Marilyn if you can cover the LSC front desk/ phone until 2pm</p>	<p><b>17</b> <b>Silver Sneakers*</b> (IH Club) 10-11 am  <b>Mah-Jong</b> 12:30 pm  <b>Ice Cream Social &amp; Forum</b> 1:30 - 2:30 Birthday Celebration &amp; Suggestion Forum!</p>	<p><b>18</b> <b>Piano Sing Along &amp; Popcorn</b> 12 – 1 pm   <b>FREE Bingo</b> 1-2:30 pm</p>	<p><b>19</b> <b>Saturday Morning Bridge</b> 10 am - 1 pm <b>Cost is \$5.</b> Coffee &amp; snacks. Need partner/ have ?'s: contact ACBL Instructor Judy Knox at 901-737-8087, <a href="mailto:jknex7@bellsouth.net">jknex7@bellsouth.net</a>.</p>
<p><b>20</b> <b>*Silver Sneakers</b> Muscular Strength &amp; Range of Movement Tuesdays &amp; Thursdays First class is free, \$4 thereafter if insurance does not cover it (bring ins. to check eligibility).</p>	<p><b>21</b> <b>Ladies BUNCO</b> 11 am - 1 pm  <b>Jamming at the Senior Center</b> 2-4 pm</p>	<p><b>22</b> <b>Silver Sneakers*</b> (IH Club) 10-11 am   <b>Mexican Train Dominos</b> 2:30-4:30 pm</p>	<p><b>23</b> <b>First Day of Fall</b>  <b>Gentlemen's Pinochle</b> 10am  <b>AARP Driver Safety Class</b> 12-4 pm, (Day 1 of 2), \$15 Members, \$20 Non-members</p>	<p><b>24</b> <b>Silver Sneakers*</b> (IH Club) 10-11 am  <b>GTO (Get Turned On) Computer Fun!</b> 11 am – 12n ...including Pinterest, scrapbooking <b>Mah-Jong</b> 12:30 pm</p>	<p><b>25</b>  <b>AARP Driver Safety Class</b> 12-4 pm (Day 2 of 2)</p>	<p><b>26</b> <b>Saturday Morning Bridge</b> 10 am - 1 pm <b>Cost is \$5.</b> Coffee &amp; snacks. Need partner/ have ?'s: contact ACBL Instructor Judy Knox at 901-737-8087, <a href="mailto:jknex7@bellsouth.net">jknex7@bellsouth.net</a>.</p>
<p><b>27</b> </p>	<p><b>28</b> <b>Bible Study</b> <b>10 am - 12n ...w/ Trudy Scholten (Gideon: Your Weakness, God's Strength ...to left of front desk</b>  <b>Jamming at the Senior Center</b> 2-4 pm</p>	<p><b>29</b> <b>Silver Sneakers*</b> (IH Club) 10-11 am  <i>No scheduled activities but Senior Center OPEN from 10 am - 2 pm</i></p>	<p><b>30</b> <b>Gentlemen's Pinochle</b> 10am</p>	<p><b>Lakeland Fitness:</b> Mon, Wed. &amp; Thurs. from 8:30 - 9:30 am. at IH Clubhouse. Age range has been from 35-79 but suitable for anyone who wants to get or stay in shape.</p>	<p>First class is free, each add'l is \$5, or 10-class card for \$30. Mat req'd for 2nd half of the class. Contact Sherri 901-867- 2345, <a href="mailto:sagrusa@aol.com">sagrusa@aol.com</a> or <a href="https://www.facebook.com/LakelandFitness">Facebook.com/ LakelandFitness</a>.</p>	<p><b>Senior Getaways</b> Please visit <a href="http://www.LakelandTN.gov/getaways">www.LakelandTN.gov/ getaways</a> for Senior Getaways trip information!</p>